

You can help pollinators by growing **native plants!**



Native Plant*	Bloom Time	Bees	Butterflies/moths	Wasps	Hoverflies	Beetles	Hummingbirds
Pussy Willow (<i>Salix discolor</i>)	Mar - Apr	x	*				
Columbine (<i>Aquilegia canadensis</i>)	Mar - Jun	x					
Serviceberry (<i>Amelanchier</i> spp.)	Apr	x	*		x		
Redbud (<i>Cercis canadensis</i>)	Apr	x	*				
Blue wild indigo (<i>Baptisia australis</i>)	May	x	x*				
Culver's root (<i>Veronicastrum virginicum</i>)	May/Jun	x	x	x	x	x	x
Foxglove beardtongue (<i>Penstemon digitalis</i>)	May/Jun	x	x		x		x
Anise hyssop (<i>Agastache foeniculum</i>)	Jun/Jul	x	x		x	x	x
Swamp milkweed (<i>Asclepias incarnata</i>)	Jun/Jul	x	x*	x	x	x	x
Purple coneflower (<i>Echinacea purpurea</i>)	Jun/Jul	x	x	x	x	x	x
Canada elderberry (<i>Sambucus canadensis</i>)	Jun/Jul	x	x	x	x	x	
New Jersey tea (<i>Ceanothus americanus</i>)	Jun - Aug	x	x*	x	x	x	
Wild bee balm (<i>Monarda fistulosa</i>)	Jul	x	x	x	x	x	x
Spotted joe-pye weed (<i>Eutrochium maculatum</i>)	Jul	x	x	x			
Mountain mint (<i>Pycnanthemum virginianum</i>)	Jul	x	x	x	x	x	
Button blazing star (<i>Liatris aspera</i>)	Jul/Aug	x	x		x	x	
Summersweet (<i>Clethra alnifolia</i>)	Jul/Aug	x	x	x	x	x	
Woodland sunflower (<i>Helianthus divaricatus</i>)	Jul - Aug	x	x*	x	x	x	
White turtlehead (<i>Chelone glabra</i>)	Jul - Aug	x	*				
Steeplebush (<i>Spiraea tomentosa</i>)	Jul - Sep	x	x*				
Showy goldenrod (<i>Solidago speciosa</i>)	Jul - Oct	x	x*	x	x	x	
Cardinal flower (<i>Lobelia cardinalis</i>)	Aug	x					x
Blue vervain (<i>Verbena hastata</i>)	Aug/Sep	x	x*	x	x	x	x
Sneezeweed (<i>Helenium autumnale</i>)	Aug - Oct	x	x	x	x	x	
Smooth blue aster (<i>Symphyotrichum laeve</i>)	Sep - Oct	x	x*	x	x	x	
New England aster (<i>Symphyotrichum novae-angliae</i>)	Sep - Oct	x	x*	x	x	x	

x = adult food plant; * = larval food plant

+ = non-native herbs like oregano, thyme, dill, and borage are okay too!



REMEMBER, choose plants that:

1. Are native (NOT native cultivars)
2. Differ in bloom time
3. Vary in color, height, shape
4. Are not treated with systemic pesticides
5. Support pollinators throughout their lifecycle

Where to buy in MA:

- Prairie Moon Nursery
- Garden in the Woods
- Mahoney's Garden Center



Tufts
Pollinator Initiative

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